



**ADULT AD/HD SUPPORT
GROUPS NORTH EAST UK**

[web: https://aadhd-ne-uk.weebly.com/](https://aadhd-ne-uk.weebly.com/)

Contact: Bill Scott: Tel: 07856212564 | email: aadhd_ne@yahoo.co.uk

SUNDERLAND

Wednesday 19th JUNE 2024

6 to 9 PM

SUNSHINE COOPERATIVE, SUNSHINE CORNER

170-171 High Street West, Sunnyside Sunderland SR1 1UP



- Thanks to Claire and Wojciech, we meet in their excellent Sunshine Cooperative, on Sunshine Corner in Sunderland. It's easy to find and there's a car park to the right, a few yards away free after 6pm.
- Our meetings are friendly & informal and open to anyone with a diagnosis (or in the process of seeking a diagnosis) of AD/HD & associated conditions. Parents & partners, allies, academics and professionals involved in this or a related field, are also very welcome.
- Drop in for a while or stay until 9. Please feel free to share your experiences and knowledge of AD/HD and related neurodiverse conditions. Discuss local help that is available & share useful coping techniques with other that can minimise some of the difficulties that diverse neurological conditions can present. We celebrate the positive sides of living outside neuro-typical boxes.

Our regional meetings throughout JUNE 2024:

Middlesbrough: Tuesday 4th | **Bishop Auckland:** Wednesday 12th

Durham: Thursday 13th | **Middlesbrough:** Tuesday 18th

Sunderland: Wednesday 19th | **South Shields:** Thursday 20th

Newcastle: Thursday 27th